Instant Pot®

DUO™
Multi-Use Pressure Cooker

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Getting Started
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- More Controls & Smart Programs

Support & Contact Information

Getting Started Guide

Full manual and instruction videos available at **instantpot.com.au**
Register your product today at **instantpot.com.au/support/register**

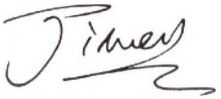
Welcome to the world of Instant cooking.

Hello! Thank you for welcoming us into your kitchen.

Having families ourselves, we developed the Instant Pot® Duo™ to allow busy families and professionals alike to cook healthy, delicious meals more easily and in less time.

We have partnered with chefs, authors and bloggers to compile a collection of recipes that we hope you enjoy!

Happy Cooking!



Robert J. Wang
Founder & Chief Innovation Officer

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- New User Tips
- Getting Started Videos

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Initial Setup

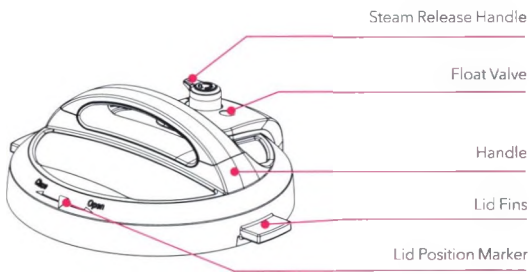
- Read all Important Safeguards in the included Safety, Maintenance & Warranty booklet before use. Failure to do so may result in property damage and/or personal injury.
- Use only the Instant Pot® Duo™ lid with the Instant Pot® Duo™ pressure cooker. Using any other pressure cooker lids may cause injury and/or damage.
- Remove all packaging material from in and around the cooker, and verify that all parts are accounted for.
- Place the cooker on a stable, level surface, away from external heat sources.
- Follow Care & Cleaning instructions in the included Safety, Maintenance & Warranty booklet to wash the cooker before cooking.
- Do not remove safety warning stickers from lid, serial number from bottom, or rating label from back of cooker base.

⚠ CAUTION Never use the cooker on a stovetop. Do not place appliance on or in close proximity to a hot gas or electric burner, or a heated oven; heat from an external source will damage appliance.

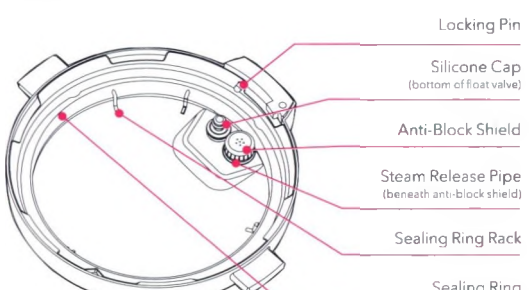
Cooker Parts Overview

Cooker Parts Overview

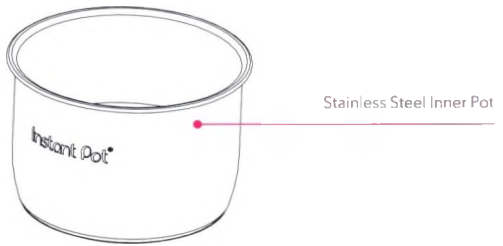
Top of Lid



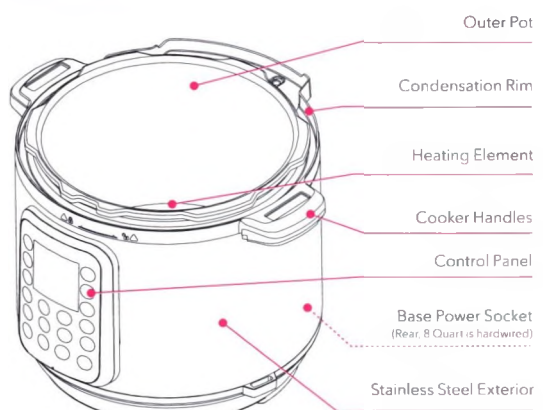
Bottom of Lid



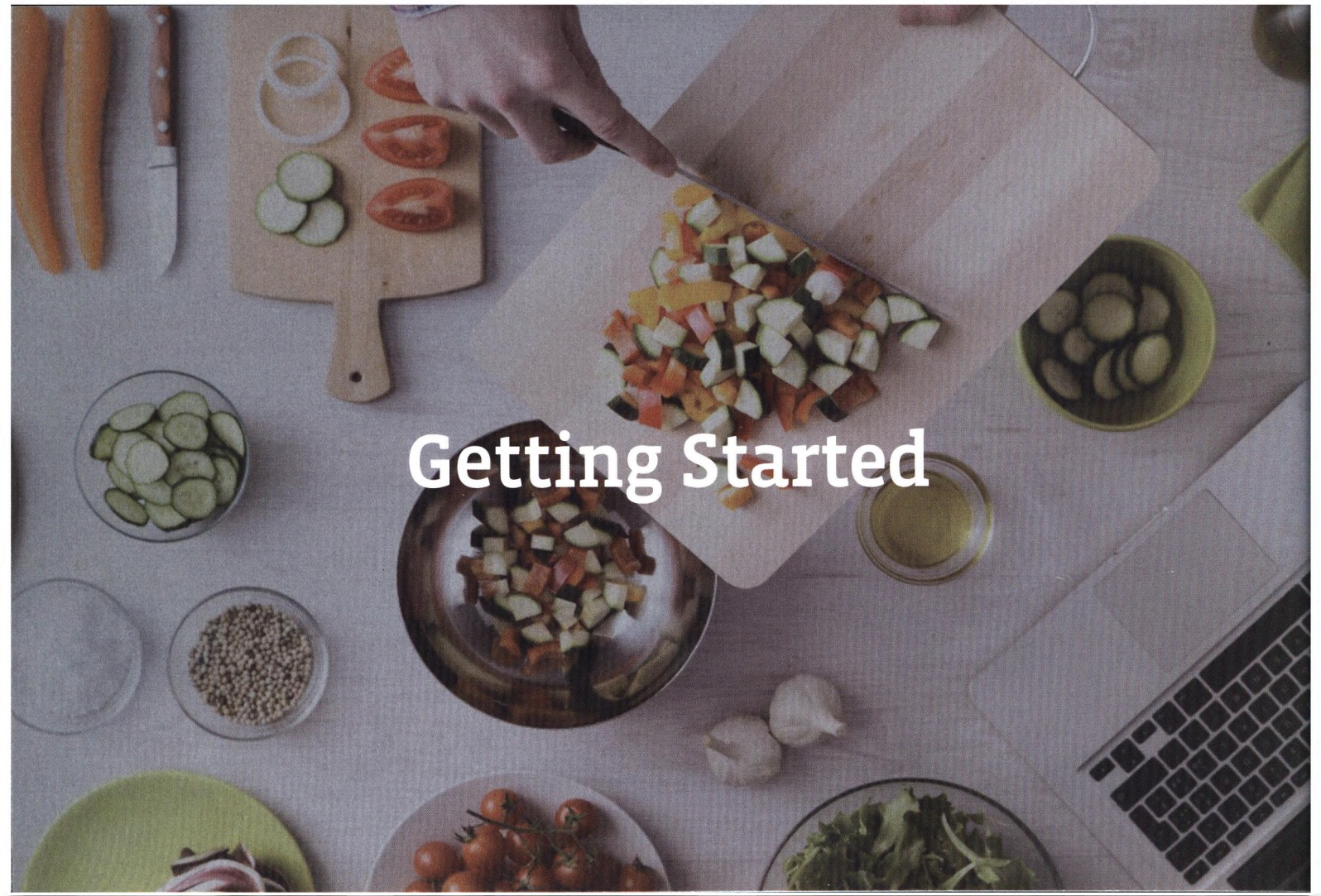
Inner Pot



Cooker Base

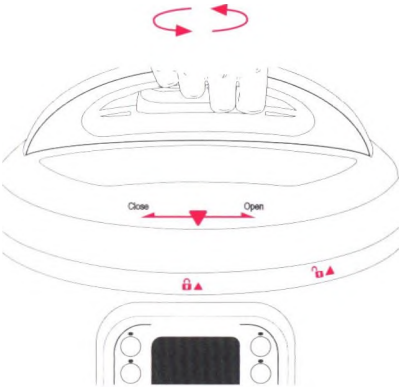


Images are for reference only. Refer to actual product.

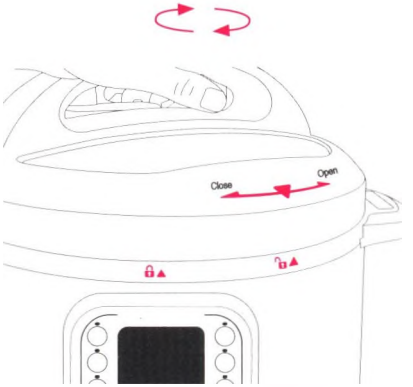

Getting Started

1 Open & Close Lid

When cooker is plugged in, it will play a jingle when the lid is opened and closed.



Open



Close

Open: Grip handle and turn lid counter-clockwise until ▼ symbol on lid is aligned with 🔓▲ symbol on rim of cooker base. Lift lid up and off of cooker base.

Close: Grip handle and align the ▼ symbol on lid with 🔓▲ on rim of cooker base. Lower lid into track, then turn lid clockwise until ▼ symbol on the lid lines up with ▲🔒 indicator on base.

Note: *Always check lid for damage prior to cooking.*

2 Check Sealing Ring & Sealing Ring Rack

Remove: Pull sealing ring out from behind sealing ring rack.

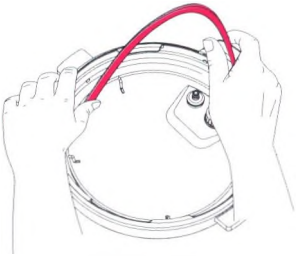
Inspect sealing ring rack. It should be centered in the lid and an even height all the way around.

Sealing ring must be installed before use.

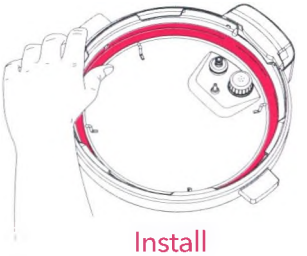
Install: Place sealing ring over sealing ring rack and press into place. Ensure **entire** sealing ring is snug behind sealing ring rack.

After closing the lid, the sealing ring creates an airtight seal between lid and cooker base.

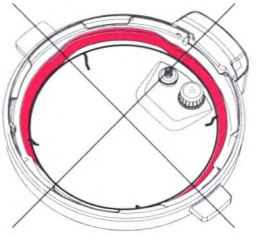
The sealing ring is an integral part of product safety. Replace your sealing ring every 12-18 months or when deformation or damage is noticed.



Remove



Install



⚠ CAUTION Always check for cuts or deformations in sealing ring prior to cooking. Only use authorized Instant Pot® sealing rings. Failure to follow these instructions may cause food to discharge, which may lead to personal injury or property damage.

⚠ CAUTION Sealing rings may stretch over time. Do not use a stretched or damaged sealing ring. If puckering occurs, replace sealing ring.

3 Remove & Install Float Valve

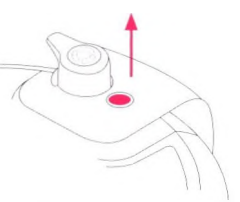
The float valve has 2 positions. It **pops up** to indicate when the cooker is **pressurized**, and **lowers into the lid** when the cooker is **depressurized**.

Refer to "Venting Methods" section in this Guide for information on releasing pressure.

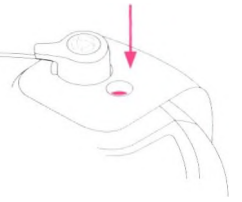
Remove: Place one finger on the flat **top** of float valve. Turn lid over. Detach silicone cap from **bottom** side of float valve. Remove float valve from **top** of lid. Do not discard float valve or silicone cap.

The float valve and silicone cap must be installed before use to seal in pressurized steam.

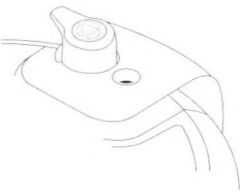
Install: Drop float valve into float valve hole on **top** of lid. Place one finger on the flat top of float valve. Turn lid over. Attach silicone cap to **bottom** of float valve.



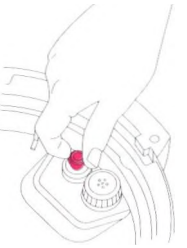
Pressurized



Depressurized



Top



Bottom

⚠ CAUTION While float valve is up, contents of cooker are pressurized. **Do not touch the float valve while the cooker is pressurized. Do not attempt to remove the lid while the cooker is pressurized.**

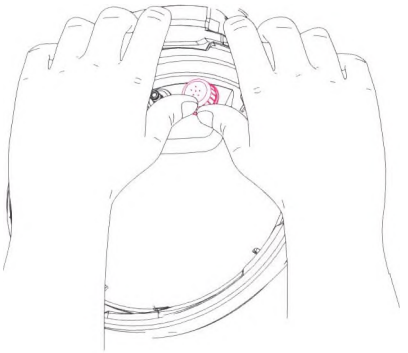
4 Remove & Install Anti-Block Shield

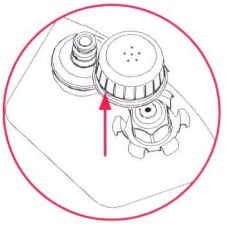
Remove: Grip lid and press firmly against side of anti-block shield (pressing towards side of lid and up) until it pops off the prongs underneath.

Anti-block shield must be installed before use and cleaned frequently.

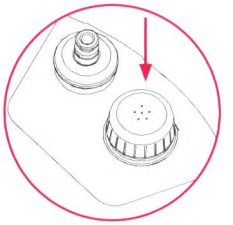
Install: Place anti-block shield over prongs and press down until it snaps into position.

Anti-block shield prevents food particles from coming up through the steam release pipe, assisting with pressure regulation.





Remove



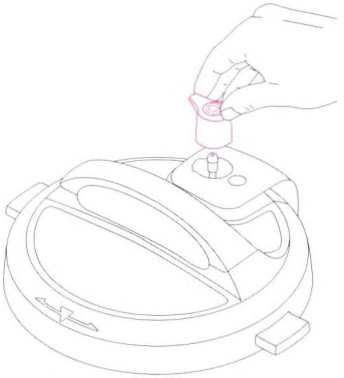
Install

5 Remove & Install Steam Release Handle

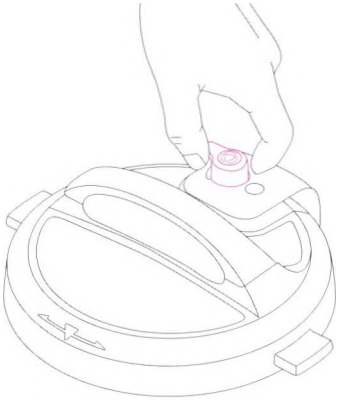
Remove: Pull steam release handle up and off steam release pipe.

Steam release handle must be installed before use, and cleaned frequently.

Install: Place steam release handle on steam release pipe and press down. Fits loosely when installed properly, but will remain in place when the lid is turned over.



Remove



Install

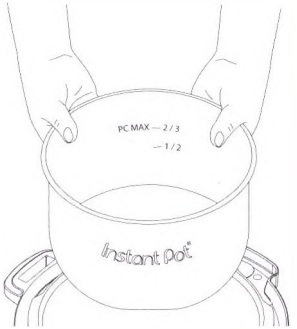
6 Remove & Clean Inner Pot

Remove inner pot from cooker base and wash with hot water and dish soap before first use.

Wipe outer surfaces of inner pot and heating element to ensure they are dry and free of food debris. Failure to do so may damage the cooker.

Place inner pot into cooker base before cooking. Food must be placed only in the inner pot, not cooker base.

The inner pot is an integral part of product safety. Always use an authorized Instant Pot® inner pot made for this model when cooking. Failure to do so may cause personal injury or property damage.



*Note: *Always check inner pot for dents or deformations prior to cooking.*

⚠ CAUTION To avoid risk of personal injury and/or property damage, do not pour food or liquid into cooker base.

⚠ WARNING Do not fill the inner pot higher than the **PC MAX — 2/3 line** (Pressure Cooking Maximum), as indicated on the inner pot.

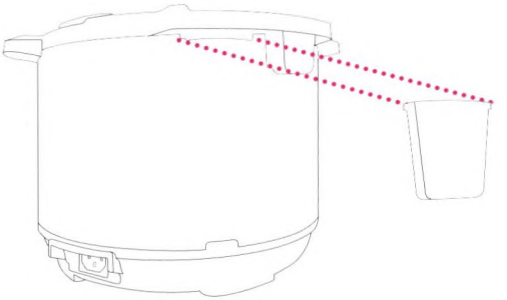
Exercise extreme caution when cooking and venting food such as applesauce, cranberries, pearl barley, oatmeal, split peas, noodles, etc., as these foods may foam, froth, or spatter, and may clog the steam release pipe and/or steam release valve. Do not fill the inner pot higher than the — **1/2** line when cooking these foods.

7 Install Condensation Collector

Install: On back of cooker base, align grooves on condensation collector over tabs and push condensation collector into place.

The condensation collector accumulates excess water and should be installed before cooking. Must be emptied and rinsed after use.

Remove: Pull condensation collector away from cooker base. Do not pull down on condensation collector.



Venting Methods

Venting Methods

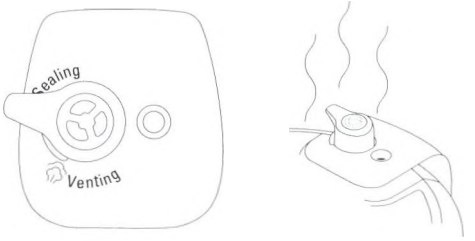
Once cooking completes, there are 2 methods to release pressure:

Natural Release (NR)

Leave the steam release handle in the "**Sealing**" position. The cooker dissipates heat so pressure releases naturally over time.

This method must be used when cooking food such as soups, stews or chilis, as well as food that expands, such as beans and grains.

Note: Depressurization time will vary based upon volume of food and liquid. May take 10-40 minutes, or longer.

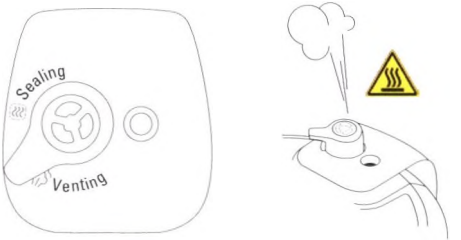


Sealing

Quick Release (QR)

Move steam release handle from "**Sealing**" to "**Venting**".
A continuous stream of steam will release through the top of the steam release handle until the float valve drops into the lid.

Note: It will be loud!



Venting

If spatter occurs, move the steam release handle back to "**Sealing**", and try again after a few minutes.
If spatter continues, use NR to vent remaining pressure.

⚠ CAUTION	Float valve will drop when cooker has depressurized. **Do not attempt to open the lid while the float valve is still popped up.**

⚠ WARNING		
Do not lean over or touch the steam release handle.	Do not place unprotected skin over the steam release handle.	Do not cover the steam release handle.

Initial Test Run (Water Test)

1. Add 3 cups (24 oz / 750 mL) water to inner pot.
2. Insert inner pot into cooker base.
3. **3L & 5.7L**: Secure power cord to base connection socket. Ensure connection is tight.

   Connect power cord to a 220-240V~ power source.

   Display indicates "**OFF**".
4. Align ▼ on lid with ▲ on cooker base.

   Lower lid into track, then turn lid clockwise until jingle sounds.
5. Turn steam release handle to "**Sealing**" position.
6. Select Smart Program: **Pressure Cook**.
7. Use the **+ / -** keys to adjust cook time to "**00:05**" minutes.
   Note: The Instant Pot will save any customization made to cook time.

   After 10 seconds, cooker displays "**On**" to indicate that it has begun **Pre-heating**.
8. Float valve rises when cooker has pressurized

   Once pressurized, **Cooking** begins and display changes from "**On**" to cook time countdown.
9. When the Smart Program completes, cooker begins **Keep Warm** or display indicates "**End**".
10. Turn steam release handle to "**Venting**" position.

    Steam will release through top of steam release handle.

    Float valve will drop when pressure has been fully released.
11. To open, turn the lid counter-clockwise until a jingle sounds.
12. Discard water and dry inner pot.
13. Start cooking!

For details on Smart Programs and operation instructions, view the full manual at instantpot.com.au

More Controls

Cancel	Press to stop a Smart Program at any time. Cooker returns to Standby and display indicates "**OFF**".
Delay Start	Postpone cooking up to 24 hours. Select a Smart Program and if desired, adjust the cook time, then press **Delay Start** to turn the setting on. Use the **+ / -** keys to adjust the number of hours before cooking will begin.
Keep Warm	Setting turns on by default after cooking completes on all Smart Programs except **Sauté** and **Yogurt**. Once Smart Program is selected, press **Keep Warm** to turn the setting off.
Sound On	When in Standby, press and hold "**+**" key until display indicates "**S On**".
Sound Off	When in Standby, press and hold "**-**" key until display indicates "**SOFF**".

Note: *Error code alerts cannot be silenced.*

Smart Programs

Smart Program	Setting	Suggested Use	Note
Soup/ Broth	Less	Soup without meat	Liquid remains clear due to lack of boiling motion. Always use NR to release pressure when cooking soup with a high starch content.
	Normal	Soup with meat	
	More	Rich bone broth	
Meat/ Stew	Less	Soft texture	Choose setting based on meat texture desired, or adjust cook time manually. Allow meat to "rest" for 5-30 minutes, depending on size. It will retain cooking juices for tender, succulent meat.
	Normal	Very soft texture	
	More	Fall-off-the-bone texture	
Bean/ Chili	Less	Firmer texture	Choose setting based on bean texture desired, or adjust cook time manually. When cooking beans or legumes, always use NR to release pressure. Ensure dry beans are completely submerged in water.
	Normal	Soft texture	
	More	Very soft texture	
Poultry*	Less	Soft texture	Choose setting based on poultry texture desired or adjust cook time manually. Allow meat to "rest" for 5-30 minutes, depending on size. It will retain cooking juices for tender, succulent meat. **5.7L & 8L only - Mini use **Pressure Cook**.*
	More	Very soft texture	
	Normal	Fall-off-the-bone texture	
Rice	Less	Tender but firm to bite	For cooking medium and long-grain white rice. Depending on the volume of rice, cook time may range from 8-15 minutes. Use 10-Minute Natural Release after cooking for perfect results.
	Normal	Normal texture white rice	
	More	Softer texture white rice	

Smart Program	Setting	Suggested Use	Note
Multi-grain*	Less	Brown rice, wild rice, black beans, chickpeas, etc.	Select "**Less**" or "**Normal**" based on type of grain and desired texture. "**More**" begins with 45 minutes of warm water soaking time prior to 60 minutes of pressure cooking. **5.7L & 8L only - Mini use **Pressure Cook**.*
	Normal	Brown rice, wild rice, mung beans, etc.	
	More	Tough grains or a mixture of grains and beans	
Porridge	Less	Oatmeal–steel cut or rolled	Adjust time as directed in recipe. Always use NR to release pressure when cooking foods that expand.
	Normal	White rice, porridge/congee	
	More	Rice porridge/congee with a mixture of various grains	
Steam	Less	Vegetables	Use steam rack provided to elevate food above the cooking liquid. Use QR to release pressure to prevent food from overcooking.
	Normal	Fish and Seafood	
	More	Meat	
Pressure Cook	NA	Manual programming	Press **Pressure Level** to toggle between **High** and **Low** pressure. Use **+ / -** keys to adjust cook time. Adjust according to recipe for desired results.
Slow Cook	Less	Corresponds to **Low** on common slow cookers	Ensure steam release handle is set to "**Venting**" position. Optionally, use a glass lid for slow cooking
	Normal	Corresponds to **Medium** on common slow cookers	
	More	Corresponds to **High** on common slow cookers	

Smart Program	Setting	Suggested Use	Note
Sauté	Less	Simmering & reducing	Do not use the lid on **Sauté**. Maximum 30 minutes to prevent overheating. When display switches from "**On**" to "**Hot**", add recipe ingredients. If ingredients are added before "**Hot**" message appears, it may not appear at all.
	Normal	Pan searing or sauteing	
	More	Stir-frying or browning meat	
Yogurt	Less	For lower temperature fermentation such as Jiu Niang	Milk must reach a minimum of 72°C (161°F) for pasteurization to occur. Allow pasteurized milk to cool to below 43°C (110°F). 8 hours is standard for fermentation, but a longer period will result in tangier yogurt.
	Normal	Fermenting milk after culture has been added	
	More	Pasteurizing milk	

Pressure cooking Smart Programs operate at **High** (10.2 ~ 11.6psi) or **Low** (5.8 ~ 7.2psi) pressure. Higher pressure results in higher temperature.

Instant Pot®

Register your product today at:
instantpot.com.au/support/register

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